

Central Region Health Status Report Summary



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LIVE WELL
SAN DIEGO

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Central Region

The Central Region in San Diego County is located on the San Diego Bay, and includes downtown San Diego and outlying urban communities, including North Park, College Area, Encanto, Paradise Hills, Barrio Logan, Hillcrest, Mission Hills, and University Heights. In 2012, the Central Region was home to an estimated 488,756 residents, representing 15.5% of the San Diego County population.

Population Characteristics

Residents of the Central Region were racially and ethnically diverse. Two out of every five residents were Hispanic, while one out of eight were Asian, and one out of ten were Black. Approximately half of all residents spoke English only, one-quarter were bilingual, and one out of six spoke Spanish only.

Compared to the other regions, residents in Central were more economically disadvantaged. Nearly one-quarter of the population lived in poverty, which was almost double the rate of the county overall. About 52% of all households earned \$50,000 or less per year. Among adults with incomes below 200% of the Federal Poverty Level (FPL), over one in two had a consistent ability to afford enough food. Slightly more than half of women earning incomes at or below 300% FPL, who were pregnant or had young children, received assistance through the Women, Infants, and Children (WIC) program.



Insurance, Access, Utilization

In 2012, before the implementation of the Affordable Care Act (ACA), Central Region residents were less likely to be currently insured, less likely to have access to healthcare services, and had worst general health status than other regions of the county. About 79% percent of all adults were insured through private or public programs. However, this percentage differed with age. Of adults aged 18-64 years old, nearly one in three did not have any insurance coverage. Further, Central Region residents were less likely to report having a usual place to go when sick or needing health advice than any other region.

Central Region adults were not in good health, compared to the rest of the county. One out of every seven residents reported poor or fair general health. Additionally, over one quarter reported being disabled due to a physical, mental, or emotional condition.



3-4-50 Diseases and Other Non-Communicable (Chronic) Diseases

In the Central Region, non-communicable (chronic) disease deaths and medical encounter rates for cancer, coronary heart disease (CHD), and stroke were generally lower than that of the county overall. Diabetes and asthma death rates were higher than the county overall. Furthermore, medical encounter rates for diabetes, and asthma were significantly higher than any other region in the county, possibly as a result of poorer access and utilization of preventive and follow-up care. Among Central Region, Central San Diego had

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the highest lung cancer death rates.

In the Central Region, the death rate due to diabetes was slightly higher than that of the county. The rate of hospitalization and emergency department (ED) discharges due to diabetes, however, was significantly higher in the Central Region compared to the county overall. Among the Central Region communities, Southeastern San Diego had the highest rate of death and medical encounters due to diabetes.

Asthma and coronary heart disease (CHD) medical encounter rates in the Central Region were generally comparable to, or higher than, the county overall. Among Central Region communities, the rates of asthma hospitalization and emergency department (ED) discharges were highest in Southeastern San Diego and lowest in Mid City. Central San Diego had the highest rate of CHD hospitalization and emergency department (ED) discharges among the Central communities.

Compared to the county overall, the Central Region had lower rates of hospitalizations due to arthritis and dorsopathies (diseases and/or disorders of the back). However, rates of arthritis and dorsopathy emergency department (ED) discharges were higher than the county overall.



Communicable (Infectious) Diseases

The incidence rate of communicable disease was significantly higher in the Central Region than in the county overall. Central Region residents were more likely to have TB, AIDS, hepatitis C, chlamydia, gonorrhea, and syphilis than residents of most other regions. Nearly one out of two AIDS cases reported in San Diego County in 2012 were in residents in the Central Region. Central Region residents had the second highest Tuberculosis incidence rate after South Region. Among Central Region communities, Central San Diego had the highest hepatitis C, gonorrhea, and syphilis incidence rate, while Mid City had the highest chlamydia incidence rates. The tuberculosis incidence rate was highest in Southeastern San Diego followed by Central San Diego.



Maternal and Child Health

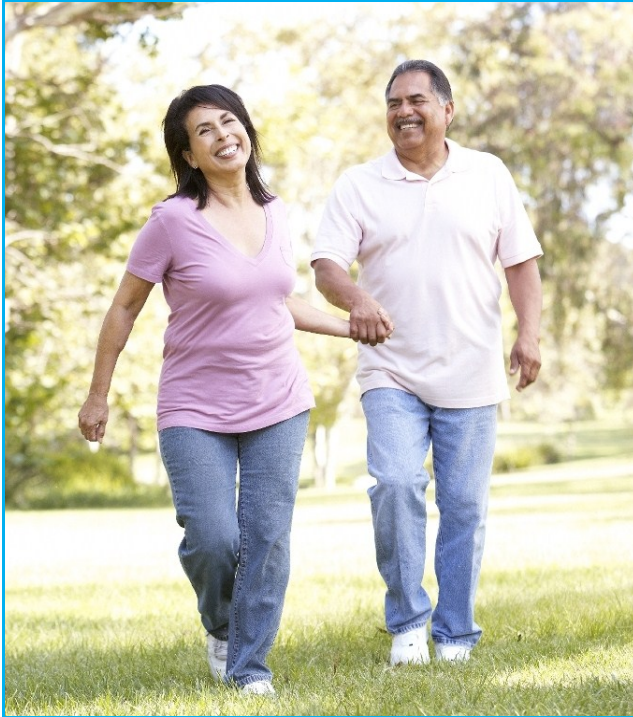
In 2012, one out of every six births in San Diego County occurred in Central Region.

Maternal and child health indicators for the Central Region were worse than that of the county. The Central Region had higher infant mortality rates and sudden infant death syndrome than most other regions in San Diego. In 2011, Central Region had higher fetal mortality rate than most other regions.

Rates of pre-term and low birth weight children were higher among Hispanic women. In fact, nearly half of low birth weight children were born to Hispanic mothers. Also, about 8 in 10 teenage births among women ages 15-17 were in Hispanic women.

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Among the Central communities, Mid City had the highest infant mortality rate. Further, the percentage of preterm births was higher in Southeastern San Diego which also had the lowest percentage of mothers receiving early prenatal care. Although Central Region had a lower percentage of women who received early prenatal care than the county overall, Central San Diego had the highest percentage in the region, and above that of the county.



Injury

Compared to all other regions in San Diego, Central Region had higher death rates due to homicides and pedestrian deaths due to motor vehicle accidents. Particularly, homicide deaths in Southeastern San Diego were higher than any other community in the region and county overall. Central Region residents also had the highest medical encounter rates due to assaults and firearm related injuries. Firearm-related injuries were higher among Blacks and disproportionately high among residents aged 15-44.

Residents living in Central Region were more likely to seek medical attention due to self-inflicted injuries than those residing in any other region. Whites living in the Central Region had higher rates of suicide and self-inflicted injury hospitalizations than any other racial/ethnic

group in any other region.

Central Region residents had among the highest rate of hospitalizations for unintentional injury in the county, particularly among residents older than 65.

Behavioral Health

Overall, behavioral health indicator rates for the Central Region were either comparable to or higher than that of the county. However, there were a select few indicators with notable differences. In Central Region, deaths due to alzheimer's and dementia were lower than the county overall. Mid City had the highest rates of death and hospitalization due to alzheimer's disease and dementia followed by Central San Diego.

In Central Region, the rates for both acute alcohol and substance abuse medical encounters were higher than the county. Within the Central communities, Central San Diego had the highest rate of hospitalizations and emergency department (ED) discharges due to acute alcohol and drug abuse. Chronic alcohol and chronic substance abuse rates of medical encounters were also higher than the county overall, with the highest rates in Central San Diego.

Central San Diego

Central San Diego is one of three urban communities located in the Central Region of San Diego County. There are six zip codes that make up Central San Diego: 92101, 92102, 92103, 92104, 92134, and 92136. Central San Diego is located on the San Diego Bay, with the communities of Mid City and Southeastern San Diego to the east, and Kearny Mesa to the north. As of 2012, there were 166,820 people living in Central San Diego; more than any other community in the Central Region.

Population Characteristics

The residents of Central San Diego were generally older than other communities in the Region, with more than 33% ages 45 years and older. There was also a high percentage of working age adults, with nearly two out of every five residents aged 25 to 44 years. Central San Diego residents were racially and ethnically diverse. While 49% of the population were white, another 36% were Hispanic, and over 6% were Black. Approximately 14% of residents spoke Spanish only.

Central San Diego residents were more educated than other Central Region communities, with two out of five residents having earned at least a bachelor's degree. However, nearly half of Central San Diego households earned \$50,000 or less and about 23% of the population lived below the Federal Poverty Level.

3-4-50 Diseases and Other Non-Communicable (Chronic) Diseases

Compared to other Central Region communities, 3-4-50 chronic diseases death and medical encounter rates in Central San Diego were generally lower. However, Central San Diego had the highest medical encounter rates for chronic obstructive pulmonary disease (COPD) compared the Region and the county overall. Death and Hospitalization rates due to coronary heart disease (CHD) was also higher than the Region and county overall. Residents of Central San Diego also had the highest rates of emergency department (ED) discharges for arthritis and dorsopathies, compared to other communities in the Region and the county overall.



Communicable (Infectious) Diseases

The rates of communicable diseases among Central San Diego residents in 2012 were comparable to, or higher than, the Central Region overall. Among Central Region communities, Central San Diego had the highest incidence rates for hepatitis C, gonorrhea, and syphilis. Central San Diego also had the highest rate of emergency department (ED) discharges due to pneumonia.

Maternal and Child Health

In 2012, there were 2,022 live births in Central San Diego, representing 28.3% of all live births in the Central Region. Of these, 85.5% received prenatal care beginning in the first trimester; 9.6% were preterm births. In fact, Central San Diego had the highest percentage of mothers receiving early prenatal care and lowest preterm births than any other community in the Central Region.

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Injury

The rates of death and medical encounters due to unintentional injury and overdose/poisoning in Central San Diego were higher than in any other community in the Central Region and the county overall. Assault injury rates were also higher than any other community in the Central Region and the county overall.

Central San Diego residents had higher suicide rates as well as hospitalization and emergency department (ED) discharge rates due to self-inflicted injuries than any other community in Central Region and the county overall.

Compared to other Central Region communities, the rate of alcohol-involved motor vehicle crashes was higher and significantly higher than the county overall. Central San Diego had 122.3 vehicle crashes per 100,000 residents compared to the county overall of 74.2 vehicle crashes per 100,000 residents.

Behavioral Health

Compared to Central Region overall, rates of behavioral health outcomes were generally comparable to or higher among Central San Diego residents. However, the rates of hospitalization and emergency department (ED) discharges for schizophrenia, mood disorders, acute and chronic alcohol abuse, as well as acute and chronic drug abuse were the highest in the Region and the county overall. Further, the rate of emergency department (ED) discharges due to Alzheimer's was higher than other Central communities.



Mid City

Mid City is one of three urban communities located in the Central Region of San Diego County. Four zip codes are located in Mid City: 92105, 92115, 92116, and 92182. Mid City is east of Central San Diego, north of Southeastern San Diego, west of La Mesa, and south of Elliot Navajo. As of 2012, the population of Mid City was 164,903, the second largest in the Central Region.

Population Characteristics

Mid City residents were generally younger than other Central region communities. Mid City was the most racially and ethnically diverse community in the Central Region, with 43% of the population Hispanic, 28% White, about 15% Asian, and 11% Black. The Asian communities in Mid City were relatively large and distinct; 51% were Vietnamese, 10% were Cambodian or Chinese each. About half of the residents spoke English only, and over one in four were bilingual. About 14% spoke Spanish only and 8% an Asian or Pacific Island language only. About three out of five Mid City residents earned \$50,000 or less and one in four lived in poverty.



3-4-50 Diseases and Other Non-Communicable (Chronic) Diseases

Compared to other Central Region communities, Mid City 3-4-50 chronic disease death and medical encounter rates were among the lowest. In particular, medical encounter rates for stroke, asthma, diabetes, and coronary heart disease (CHD) were lower than any other community in the Central Region. Mid City residents also had the lowest rates of medical encounters due to dorsopathies and arthritis than any of the Central Region communities. Additionally, overall cancer deaths were lower than the region and county overall. However, asthma, chronic obstructive pulmonary disease (COPD) and diabetes medical encounter rates were all higher than the county overall.

Communicable (Infectious) Diseases

Overall, communicable disease rates in Mid City were generally some of the lowest in the region. However, Mid City had higher rates of Chlamydia than Central Region and the county overall. Mid City also had higher rates of influenza/pneumonia deaths than Central Region and the county overall. After Central San Diego, Mid City had the highest gonorrhea and syphilis rates in the Central Region.

Maternal and Child Health

In 2012, there were 2,570 live births in Mid City, representing nearly 36% of all births in the Central Region. Of these, 82.3% received prenatal care beginning in the first trimester of pregnancy and 10.6% were preterm births. Among Central communities, Mid City had the highest fetal mortality and infant mortality rates which were higher than the county overall as well.

Injury

The rates of death, hospitalization and emergency department (ED) discharges due to intentional and unintentional injuries in Mid City were generally comparable to or lower than Central Region and the county overall. However, overdose/poisoning hospitalization rates in Mid City residents were higher than the county overall. Compared to other Central Region communities, Mid City had the highest suicide rate after Central San Diego.

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Behavioral Health

Poor behavioral health outcome rates among Southeastern San Diego residents were generally comparable or lower to the Central Region overall. However, Southeastern San Diego had the highest rates of emergency department (ED) discharges due to personality disorders and attention-deficit, conduct, and disruptive behavior-related disorders of all the Central Region communities.

Southeastern San Diego

Southeastern San Diego is one of three urban communities located in the Central Region of San Diego County, and identified by zip codes 92113, 92114, and 92139. Southeastern San Diego is directly north of National City and Sweetwater, and south of Central San Diego, Mid City, and Lemon Grove. In 2012, there were 157,033 residents of Southeastern San Diego.

Population Characteristics

Southeastern San Diego residents were more evenly distributed by age than other Central communities, but were also more racially and ethnically diverse. In 2012, slightly more than half of the population was Hispanic, 21% were Asian or Pacific Islander, 15% were Black, and about 9% were White. About three out of every four Asian or Pacific Islander residents were Filipino. In Southeastern San Diego, one out of every five residents spoke Spanish only.

On average, there were four persons per household in the Southeastern San Diego, the largest household size in the Region. The average income per person in each household was \$15,304; 40% lower than the county overall. Nearly a third of all adults 25 years and older had less than a high school education, while just 15% held at least a bachelor degree.

3-4-50 Diseases and Other Non-Communicable (Chronic) Diseases

Compared to other Central Region communities, Southeastern San Diego 3-4-50 chronic disease death rates were among the highest. In particular, stroke, coronary heart disease (CHD), diabetes, and colorectal cancer death rates were higher than in any other community in the Central Region. Medical encounter rates for 3-4-50 chronic diseases were also higher than most other Central communities. Southeastern San Diego had the highest emergency department (ED) discharge rate for chronic obstructive pulmonary disease (COPD) of all the Central Region communities. Southeastern San Diego also had the highest hospitalization and emergency department (ED) discharge rates due to asthma among all of the Central Region communities.

Communicable (Infectious) Diseases

The rates of communicable diseases among Southeastern San Diego residents were comparable to, or lower than, the Central Region overall. However, Southeastern San Diego had higher rates influenza and pneumonia ED discharges than the Central Region overall.

Maternal and Child Health

In 2012, there were 2,553 live births in Southeastern San Diego, representing 35.7% of all births in the Central Region. Of these, 81.1% received prenatal care beginning in the first trimester of pregnancy, which was less than the rest of the region and county overall. Furthermore, 10.8% of live births were preterm births.



Injury

Unintentional injury death and medical encounter rates in Southeastern San Diego were generally comparable to or slightly higher than the rest of the Central Region, as were the rates of intentional injuries. Medical encounter rates due to assault were higher among Southeastern San Diego residents, following residents of Central San Diego. Homicide rates in Southeastern San Diego were significantly higher than any other community in the Central Region and the county overall.

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Behavioral Health

Poor behavioral health outcome rates among Southeastern San Diego residents were generally comparable or lower to the Central Region overall. However, Southeastern San Diego had the highest rates of emergency department (ED) discharges due to personality disorders and attention-deficit, conduct, and disruptive behavior-related disorders of all the Central Region communities.

